

CONSHOHOCKEN, PA—On March, 14, 2009, Congressman Joe Sestak (PA-07) marched in the Annual Conshohocken St. Patrick's Day Parade.

"I am proud to march in this year's St. Patrick's Day Parade with so many of my friends and constituents," said Congressman Sestak. "Today was a great day for all those who celebrate the rich culture of the Irish."

The parade was led by the Ancient Order of Hibernians, Notre Dame Division 1. The theme of the parade was keeping Our Tradition Alive, and donations were collected for the Hibernian Hunger Project. The parade's Grand Marshall was Rae DiSpaldo, a member of the original Saint Patrick's Parade Committee. She was a past president of the LAOH, elected as the first State Officer of the LAOH, and is now serving as President of the LAOH Montgomery County Board. She is the third woman to have the honor of Grand Marshal since the parade started in 1992.

The parade began at 11th Avenue and Fayette Street and proceeded down Fayette to Elm Street, ending in front of the Washington Fire Company.

*Born and raised in Delaware County, former 3-star Admiral Joe Sestak served in the Navy for 31 years and now serves as the Representative from the 7th District of Pennsylvania. He led a series of operational commands at sea, including Commander of an aircraft carrier battle group of 30 U.S. and allied ships with over 15,000 sailors and 100 aircraft that conducted operations in Afghanistan and Iraq. After 9/11, Joe was the first Director of "Deep Blue," the Navy's anti-terrorism unit that established strategic and operations policies for the "Global War on Terrorism." He served as President Clinton's Director for Defense Policy at the National Security Council in the White House, and holds a Ph.D. in Political Economy and Government from Harvard University. According to the office of the House Historian, Joe is the highest-ranking former military officer ever elected to the U.S. Congress.*

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